



Sundays 8 am—1 pm
Village Inn parking lot
Main Street, Belgrade Lakes village

Summer's almost gone but we're still around—come and see us!

What's new at your local market?

28 August 2009

Yet another reason to load up on fresh market foods

We all know that loads of sugary foods and sodas aren't good for us, but this week the American Heart Association weighed in with some actual recommendations for how much added sugar is a good limit. The average American takes in 22 teaspoons (!) of added sugar each day, most of it in sodas, candies, and sweet pastries. The AHA recommends that we cut way back— to about 6 teaspoons for women (that's about 100 calories or 25 grams) and 9 teaspoons for men. And... here's the market part- "added sugars" don't include naturally occurring sugars in fruit, vegetables, or plain dairy products.

OK, so we all know that berries or cherry tomatoes or some real local yogurt make a better-for-you snack than a candy bar, but that doesn't mean we're going to run the pie makers and bakers at the market out of town on a rail. If you're interested in cutting added sugars like the AHA recommends, it just means being informed and making choices. There are lots of yummy treats at the Market, so maybe if you're going to indulge in a pastry or a cookie (and there are lots of low-sugar baked options at the market, by the way) you skip the sweetened iced tea or soda later. There's less added sugar in most market products than in whatever you'd buy at the supermarket bakery or Dunkin' Donuts drive-through.

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Honeybees look for the best nectar & pollen sources

Did you know.....?

That maple syrup is a good source of manganese and zinc?
And that raw honey is anti-bacterial, anti-viral, and anti-fungal?

Recipe of the week— Grilled fish with green gazpacho sauce (underlined ingredients are available at the Market)



The [original recipe](#) —thanks to [epicurious.com](#) — calls for mahi-mahi (not local!) but it could be made with any firm Maine fish such as haddock or even fresh tuna. Not a fish lover? Try with boneless chicken breasts!

Photo and recipe credit:
[www. Epicurious.com](#)

Four servings.

4 6-8 oz fish filets

1 large or 2 small cukes (1 1/2 c peeled, seeded, & chopped)

3/4 c chopped red onion or scallions

1 bunch cilantro (1/2 c chopped) - use parsely if not a cilantro fan

1 jalapeno or other hot pepper (1 Tbls chopped)

1/4 c olive oil

1 1/2 Tbls vinegar (white balsamic, sherry, or apple cider vinegar)

1/2 pt or so cherry tomatoes, halved or, if large, quartered; or chunked regular tomatoes

Whiz all but the fish & tomatoes together in food processor until finely chopped. Add more vinegar to taste, if needed, and salt & pepper.

Sprinkle fish with salt, pepper, and ground cumin.

Grill fish about 5 minutes per side, maybe less depending on thickness; or cook in a very hot skillet greased with olive oil. Just until opaque in center.

Divide sauce among four plates; fish on top, and scatter tomatoes around. Enjoy!

More on the market at
[www. belgradelakesfarmersmarket.org](http://www.belgradelakesfarmersmarket.org)

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Take pies, for example. The typical fruit pie available at the Market has about 3/4 c of sugar added. If you cut your pie in eighths, you'd wind up with about 4 1/2 teaspoons of added sugar per piece. And you get the benefits of the fruit too!

Oh, and by the way, maple syrup and honey, also available at the market, can be used in place of table sugar in many recipes— while they still have those sugar calories, they're local, less refined, and have additional nutrition perks not found in highly processed sugar. Maple syrup is more or less equivalent to table sugar in sweetening power and calories per teaspoon, while honey is sweeter on a volume basis (use about two-thirds the amount of honey as sugar). In either case, decrease the liquid in the recipe by a bit to compensate.

Sources: [Medical News Today, 25 Aug 2009](#)— AHA guidelines
World's Healthiest Foods— [maple syrup](#) and [honey](#) nutrition profiles

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